ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEFMBE14010)
- the NAME of the product (WEIDER® BODY WORKS PRO)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11)

Part No. 192831 R0605A

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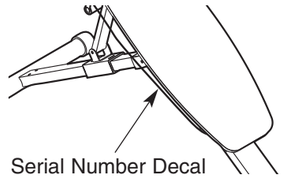
WEIDER®

Model No. WEFMBE14010
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

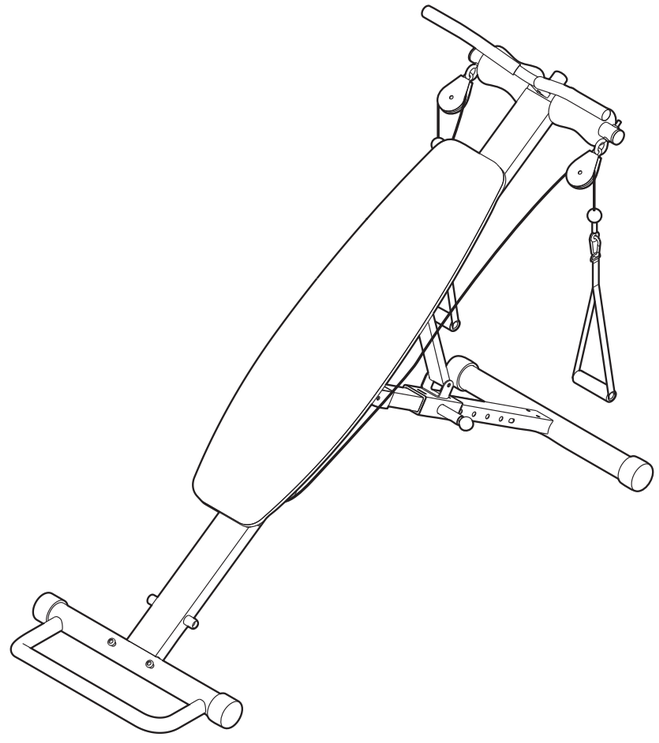
csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

BODY WORKS PRO

USER'S MANUAL



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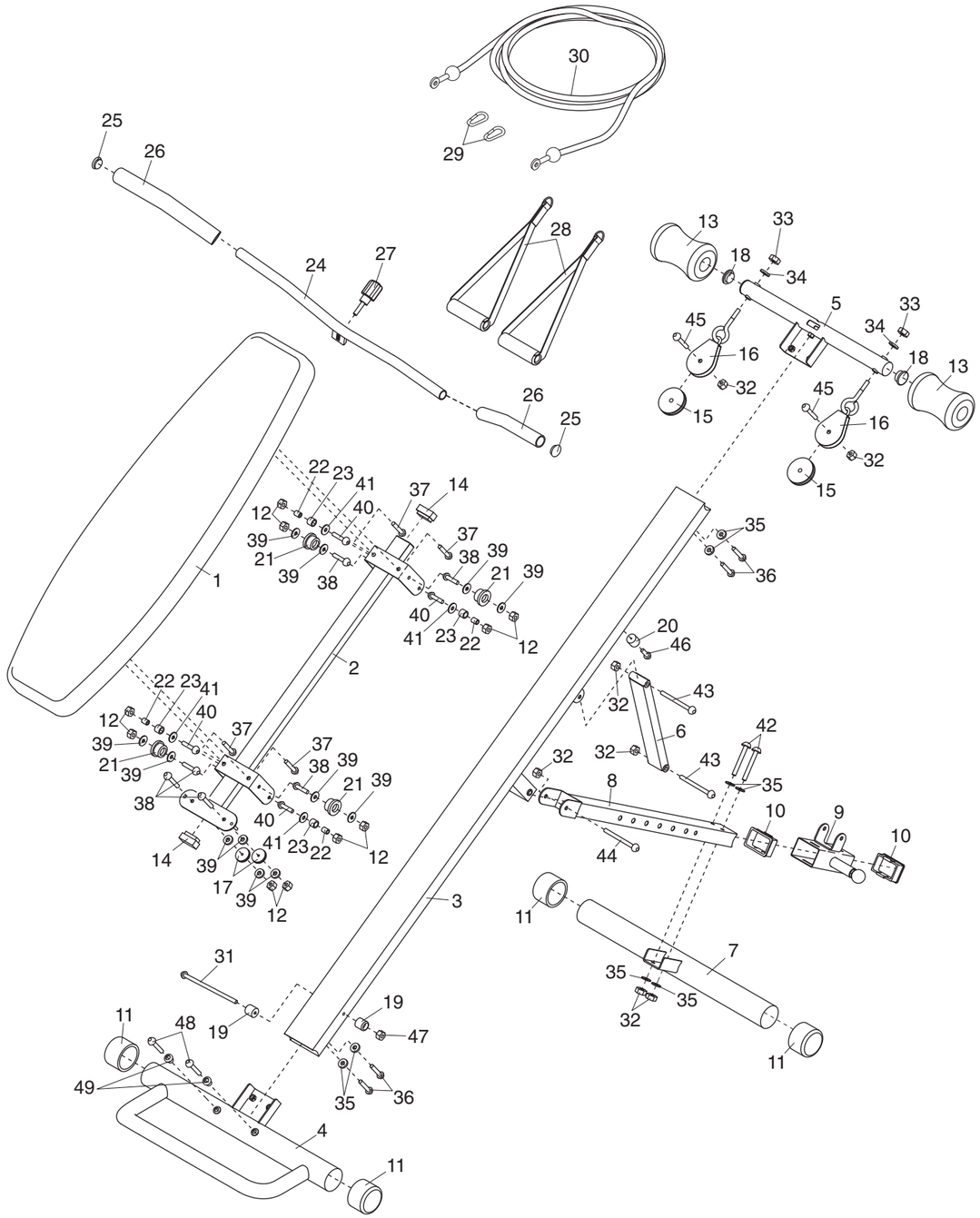
EXPLODED DRAWING—Model No. WEFMBE14010

R0604A



PART LIST—Model No. WEFMBE14010

R0604A

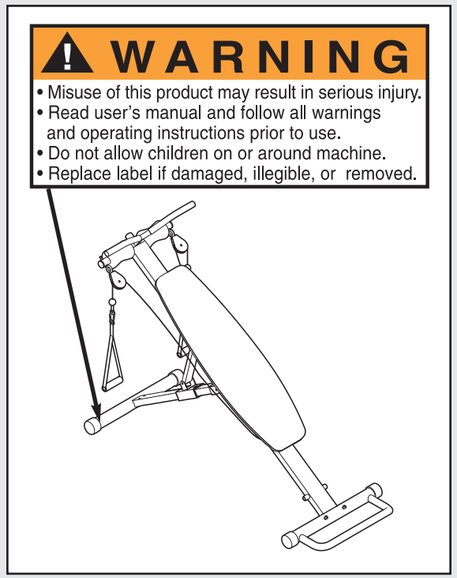
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	27	1	Knob
2	1	Seat Bracket	28	2	Handle
3	1	Rail	29	2	Clip
4	1	Stabiliser	30	1	Cord
5	1	Upper Bar	31	1	M6 x 138mm Bolt
6	1	Support Leg	32	7	M10 Nylon Locknut
7	1	Adjustment Foot	33	2	M10 Nylon Locknut (Bright Zinc)
8	1	Adjustment Leg	34	2	M10 Washer (Bright Zinc)
9	1	Adjustment Bracket	35	8	M10 Washer
10	2	Adjustment Bushing	36	4	M10 x 25mm Bolt
11	4	60mm Round Outer Cap	37	4	M6 x 16mm Screw
12	10	M8 Nylon Locknut	38	6	M8 x 42mm Bolt
13	2	Foam Pad	39	12	M8 Washer
14	2	25mm x 50mm Inner Cap	40	4	M8 x 32mm Bolt
15	2	Large Pulley	41	4	M8 Large Washer
16	2	Pulley Housing	42	2	M10 x 55mm Bolt
17	2	Small Pulley	43	2	M10 x 75mm Bolt
18	2	Round End Cap	44	1	M10 x 90mm Bolt
19	2	Bumper	45	2	M10 x 30mm Bolt
20	1	Support Leg Isolator	46	1	M4 x 20mm Self-tapping Screw
21	4	Wheel	47	1	M6 Nylon Locknut
22	4	Small Bushing	48	2	M6 x 25mm Screw
23	4	Large Bushing	49	2	Plastic Knob
24	1	Handlebar	#	1	Videocassette
25	2	Inner Cap	#	1	User's Manual
26	2	Handgrip	#	1	Workout Chart

Note: "#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight training system.

1. **Read all instructions in this manual before using the weight training system.**
2. **It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.**
3. **Use the weight training system only as described in this manual.**
4. **Use the weight training system only on a level surface. Cover the floor beneath the weight training system to protect the floor.**
5. **Inspect and properly tighten all parts each time you use the weight training system. Replace any worn parts immediately.**
6. **Keep hands and feet away from moving parts.**
7. **Always tie back long hair to prevent it from becoming caught.**
8. **Keep children under 12 years old and pets away from the weight training system at all times.**
9. **The weight training system should not be used by persons weighing more than 115 kg (250 lbs).**
10. **Always wear athletic shoes for foot protection whilst exercising.**
11. **If you feel pain or dizziness whilst exercising, stop immediately and cool down.**
12. **The weight training system is intended for home use only. Do not use the weight training system in any commercial, rental, or institutional setting.**
13. **The decal shown here has been placed on the weight training system. If the decal is missing or illegible, call our Customer Service Department at 08457 089 009 and order a free replacement decal. Apply the replacement decal in the location shown.**


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

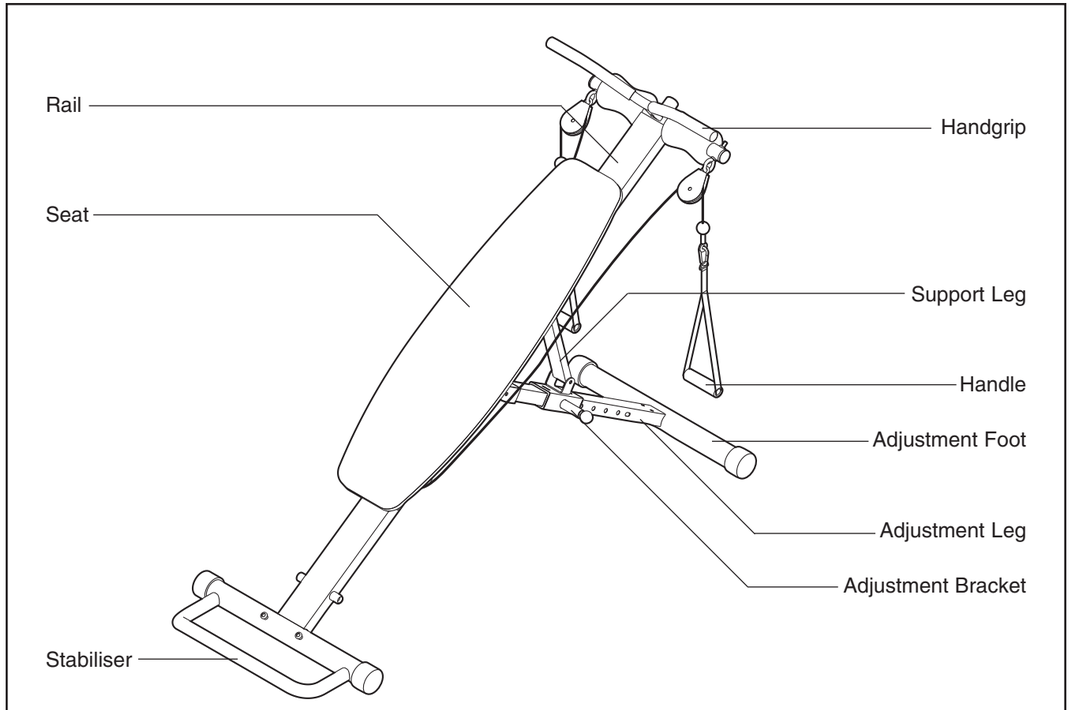
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® BODY WORKS PRO weight training system. The versatile BODY WORKS PRO is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the BODY WORKS PRO weight training system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the BODY WORKS PRO weight training system. If you have additional questions, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEFMBE14010. The serial number can be found on a decal attached to the weight training system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



ADJUSTMENTS

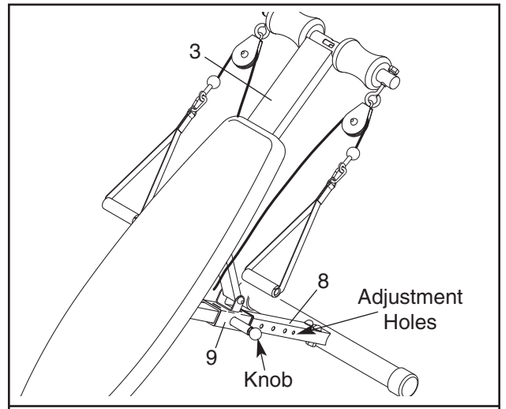
The weight training system is designed to use your own body weight as resistance. The steps below explain how the weight training system can be adjusted and folded for storage. Refer to the accompanying exercise guide and videocassette to see the correct form for each exercise.

Inspect and tighten all parts each time you use the weight training system. Replace any worn parts immediately. The weight training system can be cleaned with a damp cloth and mild, non-abrasive detergent; never use solvents.

ADJUSTING THE INCLINE

The incline of the weight training system can be adjusted to change the resistance level of your workout.

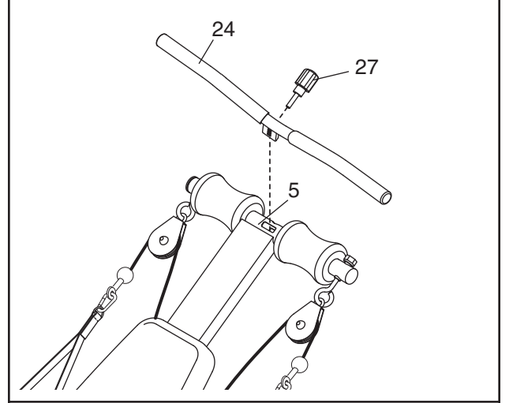
To adjust the incline, lift the Rail (3) until the knob on the Adjustment Bracket (9) can be pulled from the adjustment hole in the Adjustment Leg (8). Raise or lower the Frame to the desired incline and insert the knob into an adjustment hole in the Adjustment Leg. **Note: Be sure that the knob on the Adjustment Bracket is fully inserted into an adjustment hole in the Adjustment Leg.**



ATTACHING THE HANDLEBAR

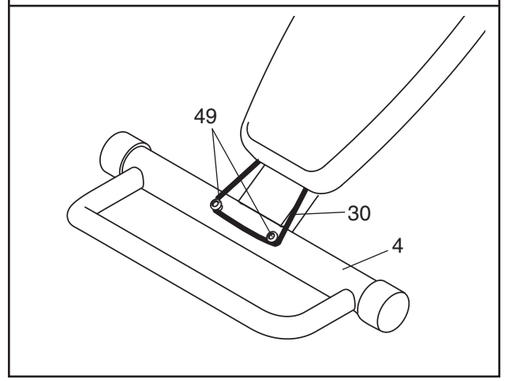
For some exercises, the Handlebar (24) must be attached to the weight training system. Slide the Handlebar into the Upper Bar (5) and secure it with the Knob (27). Turn the Knob clockwise until it is tight.

⚠ CAUTION: Remove the Handlebar (24) when performing an exercise that does not require it.



SECURING THE CORD

When storing the weight training system, or performing exercises that do not require the use of the Handles (not shown), secure the Cord (30) by wrapping it around the Plastic Knobs (49) on the Stabiliser (4).

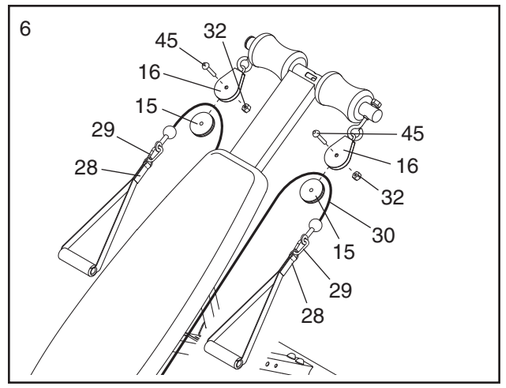


6. Remove the Large Pulley (15) from one of the Pulley Housings (16).

   Wrap one end of the Cord (30) around the Large Pulley (15). Reattach the Large Pulley inside the Pulley Housing (16) with the M10 x 30mm Bolt (45) and the M10 Nylon Locknut (32). **Note: Do not overtighten the Bolt; the Pulley should be able to turn easily.**

   Repeat this step with the other Pulley Housing (16).

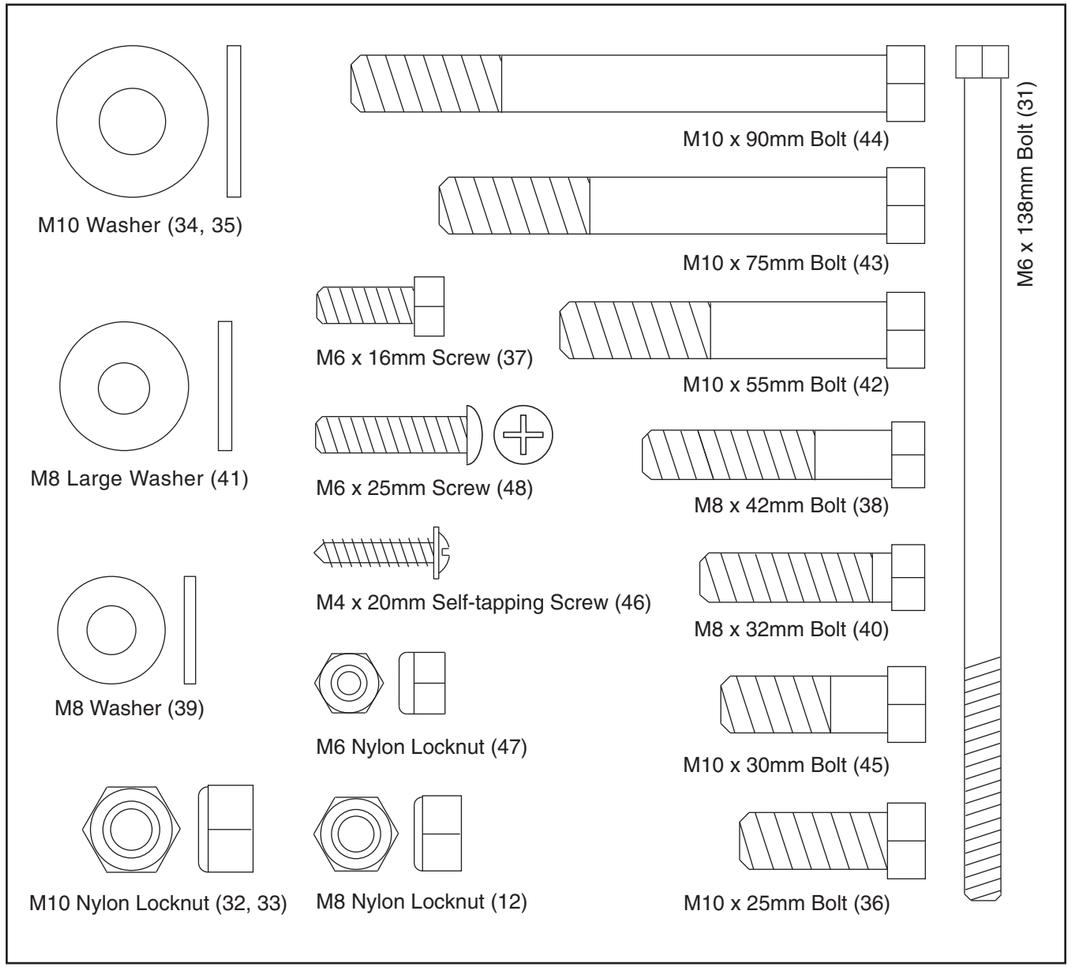
   Attach a Handle (28) to each end of the Cord (30) with the two Clips (29).



7. **Make sure all parts are properly tightened before you use the weight training system. The use of the remaining parts will be explained in ADJUSTMENTS, on page 9.**

PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 10. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**


M10 Washer (34, 35)
M10 x 90mm Bolt (44)
M10 x 75mm Bolt (43)
M6 x 16mm Screw (37)
M10 x 55mm Bolt (42)
M8 Large Washer (41)
M6 x 25mm Screw (48)
M8 x 42mm Bolt (38)
M6 x 138mm Bolt (31)
M4 x 20mm Self-tapping Screw (46)
M8 x 32mm Bolt (40)
M8 Washer (39)
M6 Nylon Locknut (47)
M10 x 30mm Bolt (45)
M10 Nylon Locknut (32, 33)
M8 Nylon Locknut (12)
M10 x 25mm Bolt (36)

ASSEMBLY

Make Assembly Easier for Yourself.

Everything in this manual is designed to ensure that the weight training system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page; this brief introduction will save you much more time than it takes to read it.**

Before beginning assembly, carefully read the following information and instructions:

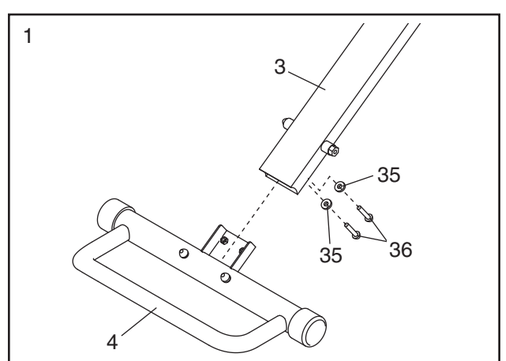
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight training system, make sure all parts are oriented as shown in the drawings.
- Assembly requires two people.
- ***For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.***

The following tools (not included) are required for assembly:

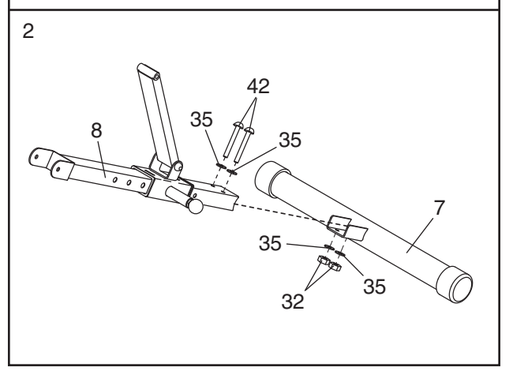
- **Two adjustable spanners**
- **One standard screwdriver**
- **One Phillips screwdriver**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners. **If further assistance is needed, please call our Customer Service Department at 08457 089 009.**

1. Attach the Stabiliser (4) to the Rail (3) with two M10 x 25mm Bolts (36) and two M10 Washers (35).



2. Attach the Adjustment Foot (7) to the Adjustment Leg (8) with two M10 x 55mm Bolts (42), four M10 Washers (35), and two M10 Nylon Locknuts (32).



3. **Note: The following steps require two people.**

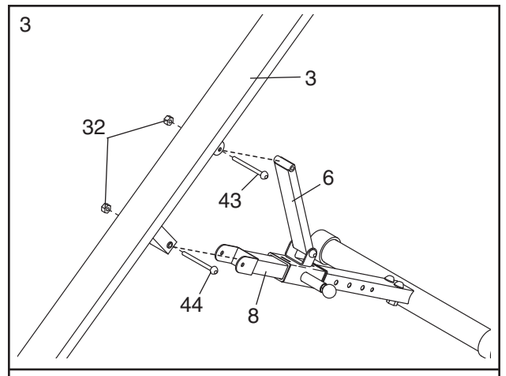
   Attach the Adjustment Leg (8) to the Rail (3) with an M10 x 90mm Bolt (44) and an M10 Nylon Locknut (32).

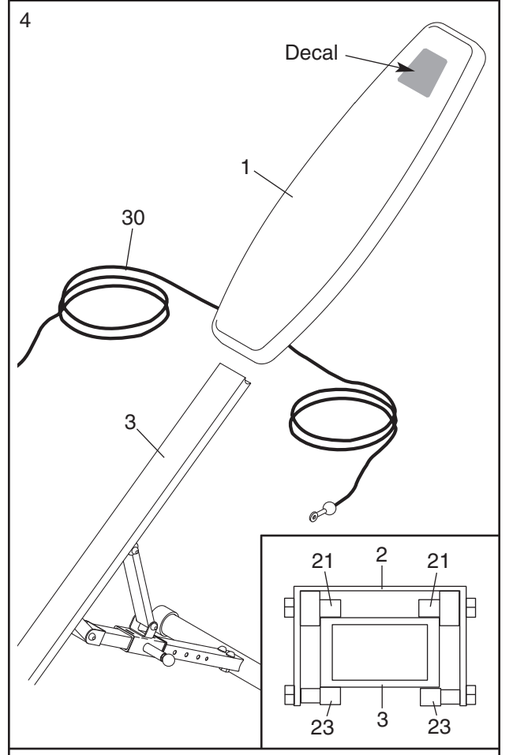
   Attach the Support Leg (6) to the Rail (3) with an M10 x 75mm Bolt (43) and an M10 Nylon Locknut (32).

   Note: Do not overtighten the Locknuts (32); the Adjustment Leg (8) and the Support Leg (6) must pivot easily.

4. Have a second person hold the ends of the Cord (30) above the Seat (1). **See the inset drawing.** Slide the Seat Bracket (2) onto the Rail (3). **Be sure that the Wheels (21) are on top of the Rail and that the Large Bushings (23) are below the Rail.**

⚠ CAUTION: Be sure the Seat (1) is oriented as shown in the drawing.





5. Attach the Upper Bar (5) to the Rail (3) with two M10 Washers (35) and two M10 x 25mm Bolts (36).